



Food and Fitness: St. David's High School

| Criteria | Indicators below demonstrate implementation of policy | Comments | D / O / N |
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| Leadership | | | |
| 1. Food and Fitness Policy <i>(with implementation reflected in criteria 2-11)</i> | 1.1 Policy in place which follows national and local guidance with monitoring and review procedures in place. <ul style="list-style-type: none"> • Food and Fitness policy updated and reviewed by school governors' annually – 1 • Policies, procedures and guidance document in place which details when policies are to be reviewed • Healthy Eating Measure (Wales) to be recognised 1.2 Policy is supported by governors and shows involvement by pupils and has been developed by the school council or pupil working group. <ul style="list-style-type: none"> • Student Friendly Policy written by members of SNAG-2 • Policy reviewed by School Governors 'annually • SNAG Minutes | | D-Policy D-Student Policy |
| 2. Commitment to whole staff training on food and fitness | 2.1 All staff receive relevant training <ul style="list-style-type: none"> • Training overview (PESS courses- PE staff including HFW, First Aid, Food Hygiene, Level 2 Community Nutrition & Skills) - 3 | | D - certificates |



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| <p>related issues</p> | <ul style="list-style-type: none"> • ASA swimming teaching • Teacher in charge of Technology and PE attends termly forums to support • Catering Staff – food hygiene and allergens <p>2.2 Training has influenced practice.</p> <ul style="list-style-type: none"> • Sharing good practice in PE eg HFW and creative lessons and meeting minutes – 4 • Food Hygiene in Food Court, staff all have food hygiene certificate, allergens training • Cover supervisor training Evaluation - 5 | | <p>D -minutes</p> |
| <p>3. Engagement with, and response to, specific local/national initiatives and environmental and social issues</p> | <p>3.1 Schools take-up opportunities offered to be involved in local and / national initiatives.</p> <ul style="list-style-type: none"> • Eisteddfod Competitions • Local, regional, National Sports Competitions • 5x60 - 6 • Activ Trip to Spain – Netball & Football Tour - 7 • Breast Feeding Welcoming Scheme • School Health Research Network - All students have taken part in SHRN survey 2017 – 8 • Fair-trade Fortnight • Food Bank • School Sport Survey • SHEP | | <p>D - photos</p> |



| Curriculum | | | |
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| <p>4. Food and Fitness covered by Foundation phase, N.C and PSE</p> | <p>4.1 Schemes of work reflect policy and identifies cross curricular links to physical activity, oral health and nutrition, including the links between food and fitness and mental and emotional health and well-being, and reflect policy.</p> <ul style="list-style-type: none"> • PE SOW,– 9 • Technology SOW • Science SOW – 10 • Student work – 11 • Y8-10 take part in 5x60 festivals to promote physical activity and provide community links to activities that promote health and well- being. <p>4.2Curriculum resources used reflect current guidance.</p> <p>Photographic evidence of resources - 12</p> <ul style="list-style-type: none"> • Large playing field • Gym – under construction for staff and student use - • Sports hall, 2 gyms • Fitness suite • Bike Shed – students are encouraged to cycle /walk to school – bike shed to lock bikes in <p>4.3 The school is committed to providing 2 hours of quality physical activity provision</p> | | <p>D – SoW</p> <p>D – pupils work</p> <p>O- school resources</p> |



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| | <p>per week for every pupil.</p> <ul style="list-style-type: none"> • PE timetable – 2 x Y7/8 1 X Y9 and 1 x Y10/11 with options for GCSE Extensive 5x60 program in place <p>4.4 Consistent messages are provided/mixed messages are avoided in relation to diet, oral health and physical activity e.g. by not using promotional campaigns, branded products or unhealthy food and drink as rewards.</p> <ul style="list-style-type: none"> • Posters and attractive wall displays promoting healthy eating-13 • Displays in PE area/ dining room, Science S2 – food pyramid, Dining Room, Fountains in corridors are health promoting • Use of water bottles and fountains encouraged – 2 water fountains in school and water provided by the tills in jugs at break and lunch for students. • Vivo award system to encourage healthy choices / physical activity | | <p>D – Timetables</p> <p>O - posters</p> |
| <p>5. Out of school hours learning incorporates food and fitness skills and activities</p> | <p>5.1 A broad time-table of activities in place, appropriate to all pupils in the school</p> <ul style="list-style-type: none"> • Wide range of sporting opportunities are provided which includes: athletics, football, rounders, netball, hockey, cross country, • Educational visits and Residential opportunities are offered to pupils which feature outdoor education e.g. DofE, PGL Numeracy - 14 • A wide variety of after school clubs are available to all pupils and vary | | <p>D- press article</p> |



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| | <p>throughout the seasons: Football, Rugby, Cricket, Tennis, Rounders, Netball, indoor athletics, cross country</p> <p>5.2 Consistent messages are provided/mixed messages are avoided in relation to diet, oral health and physical activity e.g. by not using promotional campaigns, branded products or unhealthy food and drink as rewards.</p> <ul style="list-style-type: none"> • Parents are reminded about healthy packed lunch options in trip letters -15 • Web site has information on healthy packed lunches and safe storage -16 • Use of water bottles / benefits of drinking water encouraged – 17 • Snacks / drinks where provided support the Healthy Eating in Schools Regulations | | <p>D - letter</p> |
| <p>Ethos & Environment</p> | | | |
| <p>6. Pupil participation</p> | <p>6.1 Evidence of examples of food and fitness initiatives in which pupils are actively involved.</p> <ul style="list-style-type: none"> • Student friendly version food & fitness policy - 2 • Inter tutor Group competitions – cross country, athletics, netball, football • Student participation in PE lessons • Development of school gym 17 • Canteen Theme Days - 18 • DofE camp cooking training • Sports Day | | <p>D - photos</p> |



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| | <p>6.2 Evidence that pupils involved in evaluation of actions.</p> <ul style="list-style-type: none"> • School Council involvement • SNAG minutes - 19 • SHRN Action Plan – 20 • SHRN Report - 21 <p>6.3 Evidence of pupil involvement in discussions with caterers regarding school food provision.</p> <ul style="list-style-type: none"> • SNAG – discussions and minutes-22 • Theme Days - 23 • Evaluation from KS4 students- exam breakfast | | <p>D – minutes / plans</p> <p>D - evaluations</p> |
| <p>7. Staff participation</p> | <p>7.1 Evidence of all staff involved in, and / or support programmes and initiatives.</p> <ul style="list-style-type: none"> • Spain Netball and football trip - 24 • Sports day programme of events - 25 • Staff role models in school – healthy eating and drinking water • Cycle to work scheme – well advertised in the staff room • Staff taking various Extra Clubs | | <p>D – evaluation</p> |
| <p>8. School environment, ethos and the informal curriculum</p> | <p>8.1 School provides an environment in which breastfeeding is seen as the norm.</p> <ul style="list-style-type: none"> • Breast Feeding Friendly school • Staff meeting on becoming a Breast Feeding Friendly site - 26 • Breast Feeding taught in GCSE Child Development | | <p>O- tour of school</p> |



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| | <p>8.2 All staff are encouraged to demonstrate behaviours consistent to food and fitness policy e.g. drinking water, eating fruit, participating in 30/40/50</p> <ul style="list-style-type: none"> • Staff Role models drinking water – water cooler in staff room • Fruit at staff social events / meetings • Staff sports • Staff wellbeing board in staff room <p>8.3 Environment encourages physical activity.</p> <ul style="list-style-type: none"> • Activities provided during lunchtimes in sports hall and gyms and tennis courts in summer months. • Students have access to extensive playing areas during break time and lunchtimes. At lunchtimes equipment is made available eg footballs on astro turf and fields. • Extracurricular activity <p>8.4 canteen / dining room is a pleasant, sociable environment.</p> <ul style="list-style-type: none"> • Canteen – 27 • Colourful displays with consistent messages • Themed decorations eg, Christmas, St Davids Day, Valentines, Easter. • Some staff eat in the Dining room • Presentation Evening – refreshments served after the event in the dining room | | <p>N – staff</p> <p>D - O</p> <p>D-O</p> |
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| | <p>8.5 Lunchtime is organised to allow adequate time for all pupils to select and eat meals in a civilised environment with a minimum of queuing.</p> <ul style="list-style-type: none">• Staggered lunchtime access Y11-Y7• Staff on duty SLT team and staff that volunteer to help.• Students can choose where to sit regardless of lunch provision.• Pre payment & Pre order machines in place <p>8.6 In secondary schools measures are in place to encourage pupils to stay on site and to effectively use facilities.</p> <ul style="list-style-type: none">• Youth Club - 28• Students not allowed off site <p>8.7 Information is available for parents regarding free school meal entitlement, and uptake is actively encouraged. Measures are in place to prevent stigmatisation of free-school-meal pupils.</p> <ul style="list-style-type: none">• Letters - 29• Website – 30• Communication between pastoral support teams and parents / carers• Cashless canteen – efsm entitlement automatically put onto account each day. <p>8.8 School food policy is evident on school trips.</p> <ul style="list-style-type: none">• Letters to parents direct them to the school website on Healthy Lunch box and | | <p>O - break</p> <p>D- letter</p> <p>D- Letter</p> |
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| | <p>9.3 Links made with local community organisations, sports' clubs and business to support the food and fitness agenda.</p> <ul style="list-style-type: none"> • SHEP – 33 • Mold Food bank collection • Dame Kelly Trust | | D |
| <p>10. Involvement and collaboration with outside statutory and voluntary agencies and individuals</p> | <p>10.1 Appropriate outside agencies, clubs and individuals support the development of policies, programmes and curriculum.</p> <ul style="list-style-type: none"> • Sport Wales initiatives eg, 5x60- 35 • Schools Health Research Network- 36 • Healthy Schools Lead Practitioner – Claire Sinnott • Flintshire Catering Team/ Newydd • Food Standards Agency • Healthy Eating in School Coordinator - Laura England • Healthy Schools Lead Practitioner – Claire Sinnott <p>10.2 Any contribution is planned, complies with policy, is integrated, evaluated and the work followed up.</p> <ul style="list-style-type: none"> • Student evaluation for activity • Staff evaluation for activity • Parent evaluation for activity - 37 | | D - Evaluations |



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| <p>11. Food and drink provision</p> | <p>11.1. All food and drink offered throughout the school day is consistent with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 ('Healthy Eating in Schools Regulations').</p> <ul style="list-style-type: none"> • Copy of school menu -38 • Photograph of fruit and drinks available at break and lunchtime • Healthy Eating in schools: Secondary Schools Food Standards - 39 • Out of hours clubs follow the guidelines <p>11.2 Water is available free of charge and in a suitable location, and consumption is actively promoted.</p> <ul style="list-style-type: none"> • Water fountains encourage students to drink fresh water and wash bottles – 40 • Water provided free of charge at the tills in food court. O Jugs and cups available lunch and break. <p>11.3 Fresh fruit, vegetables, water and milk are the only items offered at primary school break times.</p> <p>N/A</p> <p>11.4 School actively encourages the provision of healthy lunchboxes by providing information to pupils and parents.</p> | | <p>D - menu</p> <p>O-Tour</p> |

